

AM I SABOTAGING MYSELF?

A self-reflection worksheet for traders

Step 1 → Awareness

What destructive trading behaviors do I keep repeating, even though I know better?

- Example: revenge trading, oversizing after a loss, bailing early on winners.

My patterns:

Step 2 → Introspection

If I succeed at trading, what does that mean for my life?

- What would I gain?
- What might I lose?
- What would change?

My answers:

Step 3 → Reframe

How can I carry the things I value into success instead of believing I'll lose them?

- Example: "If I move, I can still create comfort and family rituals in a new place."

My reframes:

Step 4 → Tools

What tools or habits can I use to keep myself accountable when emotions take over?

- Journaling, tilt recovery checklist, simple rules etc

Tool Ideas:

Final Reflection

Am I just making mistakes... or am I sabotaging myself?

Want More Accountability?

If you're serious about improving your discipline and execution, check out the Degen Rehab Discord.

<https://www.degen-rehab.com/discord.html>

Prop Firms & Evaluation Discounts

If you're trading with prop firms like Apex, Lucid, Tradeify, or Humble, you can find my recommended firms, affiliate links, and my full prop firm breakdown video here:

<https://www.degen-rehab.com/prop-firms.html>

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